

Rimbey & Area 2022 Community Newsletter SEPTEMBER

Recreation Services 403-83-3151
www.rimbey.com

**Peter Lougheed Community Centre.
Mass Registration - Thursday September 8, 2022
3pm—7pm**

All Community groups & Organizations conveniently located in one place for registrations.

All community clubs or organizations are welcome to have a table for registrations at no cost.

Call 403-843-3151 or email programs@rimbey.com

Tables and chairs will be available for Groups to set up and take down.

Please RSVP by Wednesday September 7th, 2022

**Rimbey Recreation Services
Is Seeking Recreational Instructors**
Contact 403-843-3151 or
programs@rimbey.com for more information



We are looking for instructors for the following:

**Zumba Class
Senior Fitness Class
Kangoo Fitness
Trampoline Fitness
Racquetball/Squash Clinic
First Aid Course — Adult
First Aid Course — Pet**

Need to Talk? We're Listening.



Finances should never be a barrier to mental health support. We offer options for low cost and subsidized counselling services

Sessions are currently being offered virtually, by phone, and in person.

Call (403) 347-8844 or email info@cssalberta.ca to inquire.



CATHOLIC
SOCIAL
SERVICES

Sign of
Hope!

cssalberta.ca

MENTAL ILLNESS is characterized by changes in an individual's **thinking, mood, or behaviour** and is usually associated with significant distress or impaired functioning in social, occupational and other activities.¹



ABOUT **1 IN 3 CANADIANS** WILL BE AFFECTED BY A **MENTAL ILLNESS** DURING THEIR LIFETIME.²

EARLY CARE AND SEEKING TREATMENT can help individuals recover from or manage a **MENTAL ILLNESS**. However, stigma and other barriers can delay people from seeking help.

Rimbey Community Addiction & Mental Health Services

Free services offered by AHS for Children and Adults, struggling with addictions, anxiety, depression or any other mental health concern.
“Hours of operation: Monday-Thursday 8:00-4:30p.m., Closed during the lunch hour 12:00-1:00p.m., Closed for Statutory Holidays. Please call 403-843-2406 for an appointment.”



**Alberta Health
Services**

Rimbey Royal Canadian Legion News

*Legion Bingo - the 2nd & 4th Friday of the month. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m. ** Progressive BINGO. For Legion Hall Rentals call: 403 843-2184 or 403 843-2343. For Legion Memberships call 403 843-2464*



Thursdays 9:30 - 11:30 a.m.

Neighbourhood
Place Family
Programming

Parents Time Out

Located at
the BYAS
Building -
back
entrance:
4907 49 st.



• child care
provided

• connection,
support and
self care



for more info or to register;
email: sam.rimbeynp@gmail.com
or text/call 403-872-1968

Financial contribution from



Public Health
Agency of Canada

Agence de la santé
publique du Canada

DENTAL HEALTH TIPS

NEED HELP WITH DENTAL COSTS?

The Alberta Child Health Benefit is a free insurance for low income families that provides: Dental care, Eye care, Prescription drugs, Emergency ambulance service, Essential diabetic supplies. Call toll free @ 1-877-469-5437

**Oral Health Program – Alberta Health
Services**

Rimbey Library

For more info. Check <http://rimbeylibrary.prl.ab.ca>

403 843-2841

We are now closed on Mondays!

Tuesday Mornings 10:30 am – Storytime with Sue

Wednesday

If God is Love Don't be a Jerk – Finding a Faith that Makes us Better Humans - John Pavlovitz , Sept 7 – 28 Book Club in Conjunction with the Rimbey United Church 7:00 pm

Wacky Wednesdays - Crafts, science experiments, STEAM, and fun!! 3:30pm

Sept 7 – Cloud Dough
Sept 14 – Circuit Making
Sept 21 – Straw Painting
Sept 28 – Citrus Eruption

Thursdays

Sept 1 - Movie Night sponsored by Rimbey Lions Club – 6:30 pm
Paws of Fury
Sept 8 - Armchair Traveller with Jan Boyarzin – 7:00 pm – Azores
Sept 15 - Mug Rug Workshop – 6:00 pm
Sept 22 – Movie Night sponsored by Rimbey Lions Club – 6:30 pm
DC League of Superpets
Sept 29 – Book Club with Movie- Nomadland by Jessica Bruder

Fridays

Sept 2 – Master Chef 2:00
Music in the Park – 7:00 pm
Sept 2 – Jamie Allanach
Sept 9 – Kimberley MacGregor
Sept 16 – Heather Blush
Sept 30 – Orange Shirt day
Activity TBA 2:00 pm

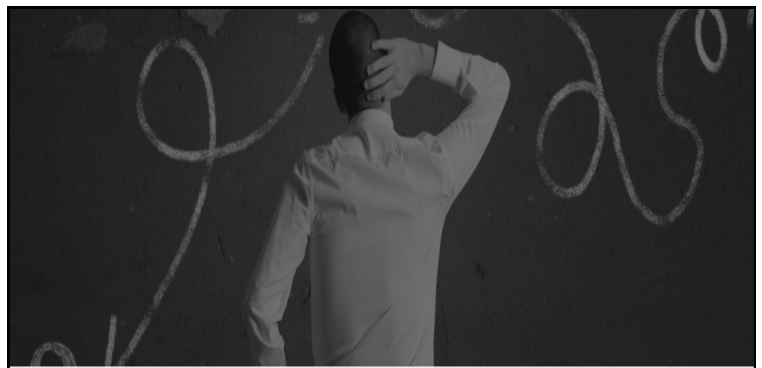
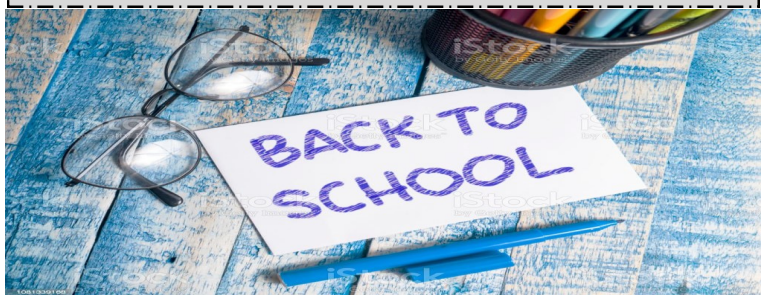
Saturday

Sept 3 – CLOSED
Sept 10 – Adam Blank Comedian 8:00 PM Peter Lougheed Community Centre
Sept 17 – Saturday Matinee Sponsored by the Rimbey Lions' Club – Minions 2:00 pm
Sept 24 – Kids Party – ENCANTO – 6:00 pm

We have activity kits for children of all ages that are available for loan. These include five Indigenous activity kits that help you and your children explore the culture of our FNMI peoples.

Check out <https://rimbeylibrary.beanstack.com/reader365>

For some reading challenges that will win you prizes. If you have a child that is not yet in kindergarten enter our 1,000 books before kindergarten challenge. Your child will receive a book just for signing up!



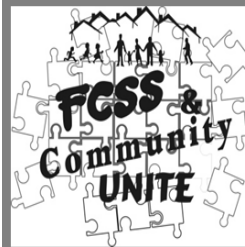
Free Employment Services

FREE WORKSHOPS AND SERVICES OFFERED ACROSS CENTRAL ALBERTA

Seeking help with resume or cover letter development, interview preparation, job search assistance, career planning, require industry specific certifications or job placement?

We are here to help in your area! Contact Career Assistance Network to see what programs you are eligible for by calling us directly at (403) 341-7811.

The Family Resource Network provides a variety of programs in your community for children, youth, and families to enhance skills, strategies, resilience, and connections to the community. Through contacting the FRN Hub, you will be referred to a program(s) that meets your family's needs and receive information on other community resources available. Call 780-352-4643 Ext. 28 for more information or to sign up!



Rimbey FCSS has a program to fit you. Whether you like cooking, have a young family, have an older family member, are an older family member, need help with meals, need some resources, support or company once in a while or maybe you want to give back to the community as a volunteer. We also have a resource library available Monday to Friday 8:30-4:30, closed from 12-1. It is free to the public with books on health, well being, parenting etc. Call 843-2030 or visit our website for program details

We will no longer be running material from Eric Barker such as ; “This Is How To Have Emotionally Intelligent Relationships: 4 Secrets (from Eric Barker)” as there are some objections to this style of writing. If you would like to finish the article please go to: <https://bakadesuyo.com/2022/01/emotionally-intelligent-relationships/>

Rimbey & District Victim Services
Working in partnership with the Rimbey RCMP, Victim Services provides information, support, referrals and court support to victims of crime. We act as a liaison between the RCMP and victims. Learn about us at www.rimbeyvictimservices.com Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.

A PLACE FOR FAMILIES OF 0-6 YEAR OLDS TO CALL THEIR OWN

RIMBEY NEIGHBOURHOOD PLACE

Drop in *Free!*

GROW & PLAY

Tuesday 10:00 - 11:30 am

BLINDMAN YOUTH ACTION BUILDING BACK DOOR

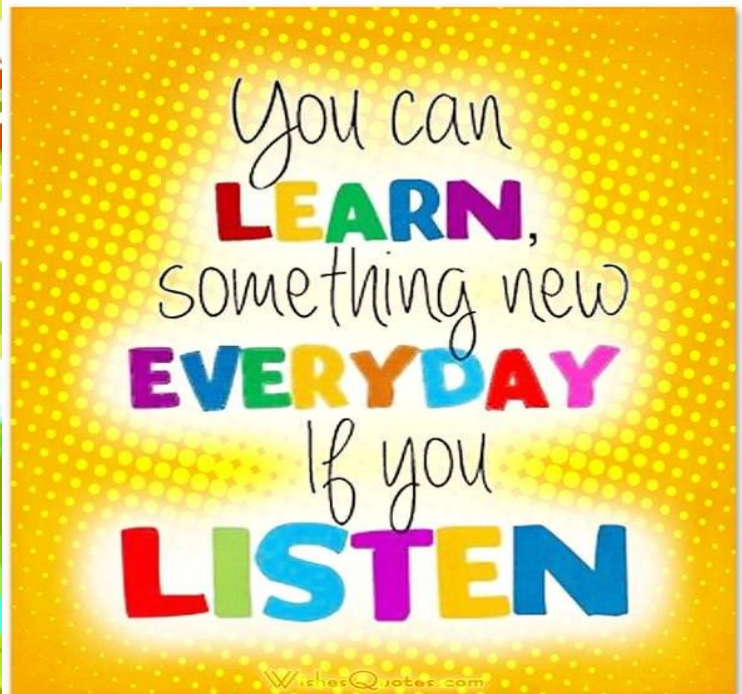
text 780 887-2702 for questions

Financial contribution from

Public Health Agency of Canada / Agence de la santé publique du Canada



The *Community Wellness Association* is a group of citizens who meet once a month in the hope of addressing community social issues. Please call 403 843-4304 for more info.



For local history check out the **Smithson Museum at Pas-ka-poo park** and the **Beatty Heritage House**. More information can also be found in the **Rimbey Tourist Guide**—pick it up at downtown businesses and the **Tourist Information Booth**.

Central Alberta Community Legal Clinic
The Central Alberta Community Legal Clinic offers free legal advice to those who do not qualify for Legal Aid and who cannot afford to pay a lawyer. The Legal Clinic offers advice in the areas of Family Law, Criminal Law, Guardianship/Trusteeship, and certain areas of Civil Law/Wills.
You must fill out an intake form in person or by phone before an appointment is booked. For criminal matters, you must have your disclosure before an appointment can be booked.
Phone:403-314-9129 Toll Free:1-877-314-9129

RIMBEY & AREA COMMUNITY NEWSLETTER - Available at: The Town Office, The, Blindman Youth Action Building, Rimbey Foods, the Tickle Trunk, Subway, COOP & Bluffton Store Brought to you by Rimbey Neighbourhood Place in partnership with the town of Rimbey Recreation Department. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0 phone:403.843.4304 or 403 843-6299 or text 780 887-2702 e-mail: rimbeynp@telus.net